

Want to kick the habit for good?

Check out Employee Assistance Program's Live Tobacco Free program.

No matter how long you've used tobacco, Employee Assistance Program's Live Tobacco Free program can help. The program offers a powerful blend of online support and one-on-one coaching. Together they can help break your tobacco habit for good.

Online support that will help you quit

The online program gives you the power to help you reach your goals. During 10 interactive sessions, you'll learn positive strategies to help break your emotional and physical ties to tobacco. You'll also get tips for dealing with the stress that may come with your efforts.

Connect with a coach by phone or IM

In the Live Tobacco Free program, you'll work with a coach specially trained to help you stop using tobacco. Your coach will help guide you, support you and cheer you on to a healthier life.

You'll connect with a coach by telephone or instant messaging (IM). Your coach will help you target why and when you use tobacco. At the same time, you'll get help managing your weight and meeting personal fitness goals. Your coach will use positive motivation to help you live better and gain control of your health.

Isn't it time to take charge of your health? If you're ready, Employee Assistance Program can help. Call Employee Assistance Program at 800-999-7222 now. You can also log on to our website: anthemEAP.com; login ID: SISC.

Like all Employee Assistance Program programs, Live Tobacco Free is available to you and members of your household at no extra cost.

Here's how to reach us:

Toll-free: 800-999-7222

Website: anthemEAP.com

Login ID: SISC



Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. © ANTHEM and 360° Health are registered trademarks of Anthem Insurance Companies, Inc. The Blue Cross name and symbol are registered marks of the Blue Cross Association.